

# 2026 Polars Travel

Parents' Meeting



# Agenda

- Volunteers & Dibs
- Recognition
- Team Numbers
- Teams & Managers & Coaches
- Schedules
- Equipment & Jerseys
- Communication
- In-house
- Board of Directors

# Dibs

We are requiring volunteer time from all families

5 Dibs per family, \$50 each if not completed

Will be live on website April 1

- Move nets from storage to the fields (mid-Apr)
- Lots of helpers at our host weekend (May 1-3)
- Year End Picnic (June 9)
- Red River Valley Fair (July 7-15)
- Back to School night (late- August)
- Golf Tourney workers (mid-Aug)
- Boo at the Zoo (October)
- Field teardown (October)
- Coaches, Team Managers
- Board of Directors

# College Commitments

The following have committed to play lacrosse collegiately next year.  
Congratulations!



Charlie Ysteboe - Aurora  
Julian Rotunno - Aurora  
Everett Olson - Arizona St.

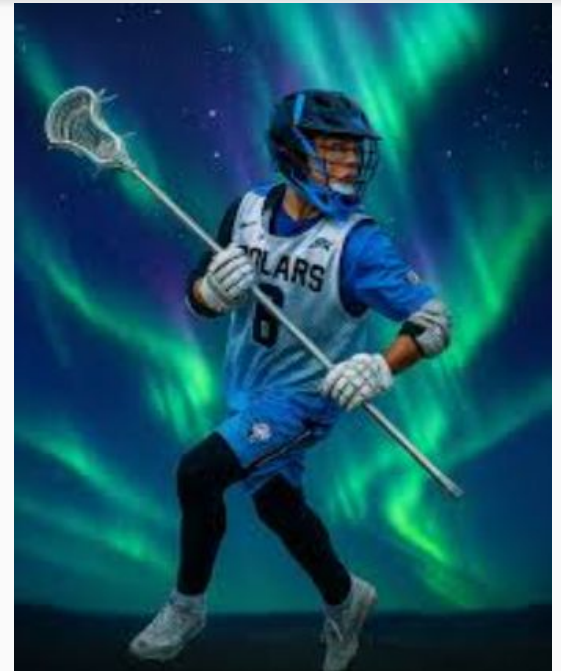


# Travel Team Numbers

- V/JV Girls: 18
- V/JV Boys: 24
- 14U Boys: 30 (two teams)
- 12U Boys: 14 (one 7v7 team, 10 v 10 in Grand Rapids and Moorhead.)
- 10U Boys: 8 (5v5 team)

**94 total**

**Numbers are down a bit from last year, but very strong.**



# Teams, Managers & Coaches

## Varsity / JV Girls

- Coach: Ben Gurney, Brad Simek, Bailey Skarphol
- Team Manager: Kelly Ring

## Varsity / JV Boys

- V Coaches: Cameron Pederson, John DuMarce,
- JV: Quincy DuMarce, Charlie Ysteboe
- Manager: Cari Luchau



# Teams, Managers & Coaches



## 14U Boys (two teams)

- Team Blue (GNLL): Justin Murray, Andy Nolan
- Team White (NPLL): Trenton Werlinger, Gavan Norton
- Manager: **TBD**

## 12U Boys (one team)

- Coaches: Sutton Bruggeman & George Weibye
- Manager: Jill Kvidera-Fronning



# Teams, Managers & Coaches

10U Mixed (play 5-5)

- Coaches: **TBD**
- Managers: Emily Thompson





# Outdoor Practice Schedule

Outdoor will start once we can get on the fields, late April-ish

**18U Boys** - 6:00-8:00, Monday through Thursday, WF Soccer Complex

Tower's Field:

	Monday		Tuesday		Wednesday		Thursday	
	Towers N	Towers S	Towers N	Towers S	Towers N	Towers S	Towers N	Towers S
<b>5:30</b>	In House B	In House B	In House G	Cub Club	In House B	In House B	In House G	Cub Club
<b>6:00</b>	In House B	In House B	In House G	Cub Club	In House B	In House B	In House G	Cub Club
<b>6:30</b>	14U	10U / 12U	18U G	18U G	14U	10U / 12U	18U G	18U G
<b>7:00</b>	14U	10U / 12U	18U G	18U G	14U	10U / 12U	18U G	18U G
<b>7:30</b>	14U	10U / 12U	18U G	18U G	14U	10U / 12U	18U G	18U G

# 18U B&G Game Schedule

## Games

- Scrimmage April 4: **Moorhead High Turf - V Boys (12:00-3:00)**
  - **Girls Scrimmage in the works**
- Week 1: April 18-19 **Sioux Falls non-conference - V Boys (1:30 & 4:00)**
- Week 2: April 25-26 **Open**
- Week 3: May 2-3 **Red River Valley Lacrosse Association (V/JV Girls & Boys)**
- Week 4: May 9-10 **Black Hills Lacrosse Association (V/JV Girls & Boys)**
- Week 4.5: May 13 (Wed) - **night game in Grand Forks**
- Week 5: May 16-17 **Grand Cities Lacrosse Association (V/JV Girls & Boys)**
  - **2 Clubs from Canada visiting**
- Week 6: May 23-24 **OFF** for Memorial Day Weekend
- Week 7: May 30-31 **Watertown Lacrosse Club (V/JV Girls & Boys)**
- Week 8: June 6-7 Championship Weekend **Bismarck Mandan Lacrosse (V/JV Girls & Boys)**

# 14U, 12U, 10U Game Schedule

## Games

- Week 1: April 18-19 **Open**
- Week 2: April 25-26 **Minneapolis - Both 14U**
- Week 3: May 2-3 **Red River Valley Lacrosse Association (10U)**
  - **Grand Rapids (single combined 14U & one 12U)**
- Week 4: May 9-10 **Black Hills Lacrosse Association (14U, 12U, 10U optional)**
- Week 5: May 16-17 **Grand Cities Lacrosse Association (10U)**
  - **Moorhead Tournament (both 14U teams & 12U)**
- Week 6: May 23-24 **OFF** for Memorial Day Weekend
- Week 7: May 30-31 **Watertown Lacrosse Club (14U White, 12U, 10U)**
  - **14U Blue - MSP**
- Week 8: June 6-7 Championship Weekend **Bismarck Mandan Lacrosse (14U White, 12U, 10U)**
  - **14U Blue - MSP**

Possible scrimmages with Moorhead throughout the year.

# Schedule

Wahpeton:

Ben Gurney will run skills practices for all ages Sunday evenings in Wahpeton and players will join their perspective teams or InHouse 1-2 days per week in West Fargo. If you know somebody in the Wahp/Breck area, let them know.

Email [rrvlax@gmail.com](mailto:rrvlax@gmail.com) with details.

# Girls Equipment

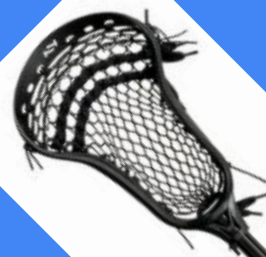


## Equipment Required

- Goggles: player-provided
- Stick: player-provided
- Shoes / Cleats: player-provided
- Mouthguard - player-provided



# Boys Equipment



## Equipment Required

- Helmet: RRVLA will provide loaners, return at end of the season
- Stick: player-provided
- Shoulder/Chest protector: player-provided - must be NOCSAE certified
- Forearm pads and gloves: player-provided
- Mouthguard - player-provided
- Shoes / Cleats: player-provided



# Jerseys

We will reuse jerseys and shorts from last year. If you chose, your new ones are on order.

If you do not have a jersey (new player registered after the deadline), email [rrvlax@gmail.com](mailto:rrvlax@gmail.com) or see Sara Gjerdevig.

# Jerseys

Thank you to our jersey sponsors!



We are looking for home weekend field sponsors as well. Contact [rrvlax@gmail.com](mailto:rrvlax@gmail.com) for more info.

# Communications

We will email and use Sports Engine's Chat for "official" communications to all teams. The schedule will also be in SE.

Separate team chats are up to the teams.



# Game Video Volunteers

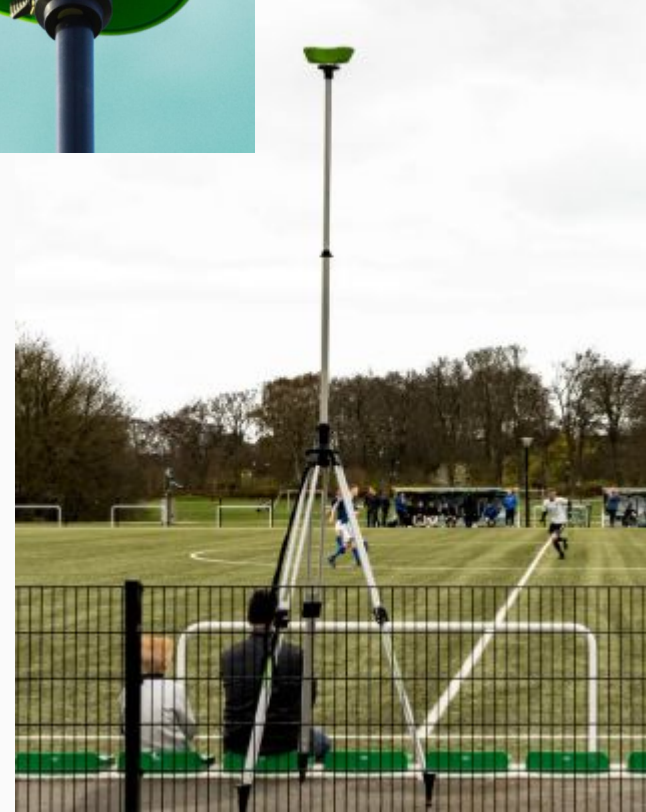


We have a Veo camera to record and live-stream games. We also paid for Hudl accounts for our 18U boys and girls last year. This enables stat collection and video clips for recruiting.

We **need 1-2 volunteers from the V Girls to set up and take down the camera for the games and to upload game film** to the Veo website. We can train you.

We have a V Boys team volunteer.

We have a V Boys parent who will transport to and from game weekends.



# NPLL Officials

We need refs. If High School boys or girls are interested in helping with the younger ages, email [rrvlax@gmail.com](mailto:rrvlax@gmail.com).



# Equipment Recycling

If you have equipment that you are willing to donate to new players, please contact us at [rrvlax@gmail.com](mailto:rrvlax@gmail.com).

<https://sidelineswap.com/shop/lacrosse/174>

Shoulder pads must be NOCSAE certified. Be careful when buying used.



# Equipment Cleaning

Coral Laundromat is offering a free gear cleaning to all RRVLA players.

**Address:**

3620 Veterans Blvd Suite 100, Fargo, ND 58104

**Phone:**

(701) 532-1165

(across from Liberty Middle School)



# Apparel / Fan Gear

Fan Gear stores will be opening soon. Watch emails and Sports Engine for details.

# Fundraisers

RRVLA puts on a golf fundraiser in August. This has become a great event. They will be looking for volunteers to help (dibs).

Jersey sponsors - if you know a business who would like to sponsor jerseys, let us know.

Beverage serving at the Red River Valley Fair in July (dibs).

# In-House

We have an In-House (non travel) group that will practice and play split-squad scrimmages. All players must be properly equipped.

- Equipment loan program for girls goggles or helmets for boys

Girls & Cub Club: T & Th practices, 5:30-6:30

Boys: M & W practices, 5:30-6:30

We will have scrimmages with Moorhead later in the year.

# Intro Camp

- WF Parks hosted an Intro to Lacrosse camp in Feb-March
  - Polars coaches
  - 30 kids signed up with a waiting list
- A second camp will be put on in April (1, 8, 15)

# Board of Directors

- Chris Giese - President
- Mike Cole - VP
- Sara Gjerdevig - Secretary
- Kory Jacobson - Treasurer
- Jake Elseth
- Ben Gurney
- Samantha Jacobson
- Justin Radel
- Eric Whitehill
- Cody Ranz

We need representation from the younger teams! One meeting per month plus assigned actions.

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